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August 25, 2000

Office of Special Nutritionals (HFS-450)
Center for Food Safety & Applied Nutrition
Food and Drug Administration
200 C Street SW
Washington, D.C. 20204

Dear Sir or Madam:

This letter will serve as 30-day notification, pursuant to section 403 (r)(6) of the Federal Food, Drug & Cosmetic Act and regulations promulgated thereunder.

Name and address of Dietary Supplement Manufacturer: Twin Laboratories, Inc.
150 Motor Parkway
Hauppauge, NY 11788

Text of statement being made: "Twinlab Today's Woman PMS Formula provides a unique combination of nutrients including Calcium and Vitamin B-6, which are important to help you feel your best during your premenstrual cycle. What's more, Twinlab Today's Woman PMS Formula also contains Calcium and Magnesium, which are essential for proper muscle function. Plus, a synergistic herbal blend known to help in the monthly fight to feel better.

Nutritionally supports stable mood, Reduced Fluid Retention & Muscle Discomfort associated with PMS.

Dietary supplement ingredients: Vitamin B-6, Calcium, Magnesium, and Herbal Blend.

Dietary supplement brand and name: Twinlab Today's Woman PMS Formula.

As required, enclosed are two photocopies of this notification.

The signee certifies that the information contained in this notice is complete and accurate, and that Twin Laboratories, Inc., has substantiation that the statement is truthful and not misleading.

Sincerely,



Neil Blechman
Executive Vice President
Twin Laboratories, Inc.

975-0162
Enclosures

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